



### **Canned Food**

Cooking oil (any type)  
Instant coffee  
Tea bags  
Rice  
Pasta  
Gallons of Juice (like orange/apple)  
Chips (all types)  
Crackers (like Wheat Thins)  
Juice boxes  
Fruit cups  
Apple Sauce  
Canned Meats (Chicken, Solid white tuna)  
Dry or Canned Beans  
Cereal and Oatmeal  
Peanut Butter  
Non-peanut nut spreads  
Canned Fruit/Vegetables  
Powdered Milk  
Sugar  
Flour

### **Household Items**

Laundry detergent (liquid or powder)  
Dish Soap  
Toilet Paper/Paper Towels

### **Toiletries & Baby**

Baby wipes  
Diapers, any size  
Toothbrush  
Toothpaste  
Shampoo  
Body wash or soap  
Feminine hygiene products  
Male/Female deodorants  
Shaving razors

**Canned Food/Toiletries Drop-off:** Project SOUP, 165 Broadway, Somerville, MA, 02145  
**Open Hours:** Tue 12-4 | Wed 10-3 | Thu 2-7 | Fri 10-3 | Sat 9-12

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**Outreach Supplies Drop-off:** SHC Main office at 1 Davis Square, Somerville, MA, 02144  
**Open Hours:** Mon-Fri 9-5 | Closed 1-2 for lunch